

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h1>JULY 2015</h1>		1 9:30am... Chair Yoga 10:00am...Knitting 10:00am...Line Dancing 10:30am...Coffee & Conversation 12:30pm...Men's Bridge 1:15pm...Shopping	2 9:00am...Senior Strength I 10:00am...Senior Strength II 10:30am...Blood Pressure 1:00pm...Bingo 1:15pm...Shopping	3 CLOSED for INDEPENDENCE DAY
		8 9:30am...Chair Yoga 10:00am...Knitting 10:00am...Line Dancing 12:30pm...Men's Bridge 1:15pm...Shopping	9 9:00am...Senior Strength I 10:00am...Senior Strength II 10:30am...No Blood Pressure 1:00pm...Bingo 1:15pm...Shopping	10 9:00am...Benefit Rep 10:00am...Scrabble Club 1:00pm...Yoga
		15 9:30am... Chair Yoga 10:00am...Knitting 10:00am...Line Dancing 10:30am...Coffee & Conversation 12:30pm...Men's Bridge 1:15pm...Shopping	16 9:00am...Senior Strength I 10:00am...Senior Strength II 10:30am...Blood Pressure 1:00pm...Bingo 1:15pm...Shopping	17 9:00am...Benefit Rep 10:00am...Scrabble Club 1:00pm...Ice Cream Social 1:00pm...Yoga
		22 9:30am... Chair Yoga 10:00am...Knitting 10:00am...Line Dancing 12:30pm...Men's Bridge 1:15pm...Shopping	23 9:00am...Senior Strength I 10:00am...Senior Strength II 10:30am... Blood Pressure 1:00pm...Bingo 1:15pm...Shopping	24 9:00am...Benefit Rep 10:00am...Scrabble Club 1:00pm...Yoga
		29 9:30am... Chair Yoga 10:00am...Knitting 10:00am...Line Dancing 12:30pm...Men's Bridge 1:15pm...Shopping	30 9:00am...Senior Strength I 10:00am...Senior Strength II 10:30am...Blood Pressure 1:00pm...Bingo 1:15pm...Shopping	31 9:00am...Benefit Rep 10:00am...Scrabble Club 10:00am...Picnic 1:00PM...Flowers for Everyone 1:00pm...Yoga
6 CLOSED for INDEPENDENCE DAY	7 9:00am...Senior Strength I 10:00am...Senior Strength II			
13 9:30am...Chair Yoga 10:30am...Welcome to the Internet 12:30pm...Ladies' Bridge 1:00pm...Mah Jongg 6:45pm...Duplicate Bridge	14 9:00am...Senior Strength I 10:00am...Senior Strength II 10:00am...Current Events			
20 9:30am...Chair Yoga 10:30am...Welcome to the Internet 12:30pm...Ladies' Bridge 1:00pm...Mah Jongg 6:45pm...Duplicate Bridge	21 9:00am...Senior Strength I 10:00am...Senior Strength II 11:00am...English Gardens			
27 9:30am...Chair Yoga 10:30am...Welcome to the Internet 12:30pm...Ladies' Bridge 1:00pm...Mah Jongg 2:30pm...Egrets' Landing Café 6:45pm...Duplicate Bridge	28 9:30am...Trip to Log Cabin 9:00am...Senior Strength I 10:00am...Senior Strength II 10:00am...Current Events			

JULY 2015

		WEDNESDAY	THURSDAY	FRIDAY
		1 Chicken Noodle Soup Meatloaf w/Gravy Rice Pilaf Capri Blend Vegetables Wheat Bread Hoodsie Cup <i>(Chicken Salad on Wheat)</i>	2 Lemonade Hot Dog on a Roll Baked Beans Cole Slaw Seedless Watermelon <i>(Hamburger on Bun)</i>	3 CLOSED for INDEPENDENCE DAY
6 CLOSED for INDEPENDENCE DAY	7 Chicken Soup Crab Cake Au Gratin Potatoes Mixed Vegetables Jell-O with Topping <i>(Bologna & Cheese on Oatmeal)</i>	8 Escarole and Bean Soup John's Veal Parmesan Tiny Shells with Sauce Zucchini & Summer Squash Spumoni <i>(Tuna Salad on Italian)</i>	9... Onion Soup Beef Wellington Brussel Sprouts Fresh Banana <i>(Italian Grinder)</i>	10 Minestrone Soup Italian Style Chicken Scarborough Fair Potatoes Green Beans Vanilla Pudding <i>(Seafood Salad on Multi Grain)</i>
13 Potato and Leek Soup Turkey Cutlet with Gravy Cornbread Stuffing Seasoned Spinach Italian Ice <i>(Meatloaf on Marble)</i>	14 Tomato Florentine Soup Grilled Chicken Breast Macaroni Salad RI Grown Zucchini Coffee Cake <i>(Corned Beef and Swiss on Wheat)</i>	15 Turkey and Rice Soup Stuffed Pepper with Sauce Mashed Potatoes Normandy Blend Vegetables Pear Half <i>(It. Chicken Salad on Oatmeal)</i>	16 Chicken Soup Meatball Sub on a Roll Tossed Salad Frosted Cupcake <i>(Turkey and Cheese on a Roll)</i>	17 Seafood Gumbo Soup Potato Crunch Fish Oven Roasted Potatoes 3-Bean Salad Ice Cream Sandwich <i>(Roast Beef & Cheese on a Roll)</i>
20 Italian Wedding Soup French Meat Pie RI Grown Tomato Half Fresh Fruit <i>(Ham Salad on Pumpernick-el)</i>	21 Kale and Bean Soup Balsamic Glazed Chicken Mashed Potatoes RI Grown Eggplant and Tomato Mix Chocolate Pudding <i>(Italian Tuna on Rye)</i>	22 Vegetable Chowder Roast Turkey with Gravy Stuffing California Blend Vegetables Apple Pie <i>(Meatloaf on White)</i>	23 Low Sodium V-8 Juice Beef Tips with Gravy Seasoned White Rice Mixed Vegetables Mandarin Oranges <i>(Chicken and Cheese on Wheat)</i>	24 Chicken Escarole Soup Antipasto Salad Assorted Meats and Cheeses) Garlic Bread Brownie <i>(Egg Salad on White)</i>
27 Venus Di Milo Soup Stuffed Chicken with Gravy Cauliflower Mashed Sweet Potatoes Lemon Pudding <i>(Ham & Swiss on Marble)</i>	28 Shrimp and Corn Bisque Liver and Onions with Gravy Scalloped Potatoes Sliced Carrots Fresh Fruit <i>(Chicken Salad on Multi Grain)</i>	29 Egg Drop Soup Sweet and Sour Chicken White Rice Oriental Blend Vegetable Angel Food Cake <i>(Seafood Salad on Wheat)</i>	30 Portuguese Soup Pork Loin with Gravy Sweet Potatoes Broccoli Cuts Apricot Half <i>(Turkey Salad on Rye)</i>	31 Lemonade Hamburger on Bun Boston Baked Beans Tomato and Cucumber Salad Strawberry Shortcake <i>(Hot Dog on Roll)</i>